

Appl. No. 09/490,859  
Amdt. Dated Aug 11, 2004  
Reply to Office Action of February 11, 2004

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

Claim 1 (withdrawn) An exercise assembly structured to facilitate a user performing multiple exercises thereon, said exercise assembly comprising:

- a) a base including a plurality of base segments secured in coaxial relation to one another and collectively defining a substantially elongated linear configuration,
- b) a resistance assembly removably attached to said base at any one of a plurality of locations along the length of said base,
- c) said resistance assembly repeatedly oriented between a stressed position and a non-stressed position, and
- d) a gripping assembly connected to said resistance assembly between said stressed and non-stressed positions.

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Claim 2 (withdrawn) An exercise assembly as recited in claim 1 wherein said plurality of base segments are removably attached to one another in an end-to-end alignment.

Claim 3 (withdrawn) An exercise assembly as recited in claim 1 wherein each of said base segments are removably attached to one another in an end-to-end alignment, each of said base segments comprising an elongated linear configuration along at least a majority of its length.

Claim 4 (withdrawn) An exercise assembly as recited in claim 3 wherein each of said base segments is formed of a high strength, light weight material of tubular construction.

Claim 5 (withdrawn) An exercise assembly as recited in claim 2 wherein said plurality of base segments are removably attached to one another in an end-to-end alignment.

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Claim 6 (withdrawn) An exercise assembly as recited in claim 5 wherein said plurality of base segments are formed from a material of a sufficiently light weight to be carried by the user when said base segments are detached from one another.

Claim 7 (withdrawn) An exercise assembly as recited in claim 1 wherein at least one of said base segments comprises an enlarged section extending laterally outward from said base.

Claim 8 (withdrawn) An exercise assembly as recited in claim 7 wherein said enlarged portion comprises a frame disposed in at least partially surrounding relation to a central opening, said central opening being of sufficient dimension to allow the user's head to pass therethrough.

Claim 9 (withdrawn) An exercise assembly as recited in claim 8 further comprising a restraint structure secured to said base substantially adjacent to said enlarged portion, said restraint structured disposed in restraining engagement with any one of a plurality of portions of the user's body.

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Claim 10 (withdrawn) An exercise assembly as recited in claim 1 wherein said resistance assembly comprises a plurality of elongated elastic material resistance elements having a first end secured to said base and a second end removably connected to said gripping assembly, the first end of a predetermined number of said plurality of resistance elements secured together and collectively and removably attached to said base.

Claim 11 (withdrawn) An exercise assembly as recited in claim 10 wherein said second end of said predetermined number of said plurality of resistance elements are each independently removable from said gripping assembly.

Claim 12 (withdrawn) An exercise assembly as recited in claim 11 wherein each of said second ends include a mounting member dimensioned and configured for removal engagement with said gripping assembly.

Claim 13 (withdrawn) An exercise assembly as recited in claim 12 wherein said gripping assembly comprises at least one gripping bar having an elongated configuration.

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Claim 14 (withdrawn) An exercise assembly as recited in claim 13 wherein said gripping bar comprises a plurality of cushions mounted on said bar, each of said cushions including a retaining member disposed in cooperative relation thereto, each of said retaining members structured to engage a portion of the user's body during movement of said gripping bar relative to said base.

Claim 15 (withdrawn) An exercise assembly as recited in claim 14 further comprising a roller structure rotationally mounted on said gripping bar and disposed in movable engagement with a supporting surface.

Claim 16 (withdrawn) An exercise assembly as recited in claim 1 wherein said plurality of base segments are removably attached to one another in an end-to-end alignment, each of said base segments comprising an enlarged section extending laterally outward from said base, said enlarged section comprising a frame disposed in at least partially surrounding relation to a central opening of said enlarged section.

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Claim 17 (withdrawn) An exercise assembly as recited in claim 16 wherein said resistance assembly comprises a plurality of elongated elastic material resistance elements each having a first end secured to said base and a second end removably connected to said gripping assembly, said first end of a predetermined number of said plurality of resistance elements secured together and collectively and removably attached to said base.

Claim 18 (withdrawn) An exercise assembly as recited in claim 17 wherein said gripping assembly comprises at least one gripping bar having an elongated configuration and a plurality of cushions mounted thereon, each of said cushions including a restraining member disposed in cooperative relation thereto, each of said restraining members structured to engagement with a supporting surface.

Claim 19 (withdrawn) An exercise assembly structured to facilitate a user performing multiple exercises thereon, said exercise assembly comprising:

a) a mounting assembly removably secured to an upright supporting structure disposed in a substantially vertical orientation,

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b) a resistance assembly removably attached to said mounting assembly at a plurality of locations on the supporting structure,

c) said resistance assembly repeatedly oriented between a stressed position and a non-stressed position,

d) a gripping assembly removably connected to said resistance assembly and selectively positioned by the user to orient said resistance assembly between said stressed and non-stressed position.

Claim 20 (withdrawn) An exercise assembly as recited in claim 19 wherein said resistance assembly comprises a plurality of elongated elastic material resistance elements having a first end secured to said mounting assembly and a second end movably connected to said gripping assembly.

Claim 21 (withdrawn) An exercise assembly as recited in claim 20 wherein said gripping assembly comprises a plurality of retaining structures removably mounted on predetermined portions of the user's body and removably connected to a predetermined number of said resistance elements.

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Claim 22 (withdrawn) An exercise assembly as recited in claim 20 wherein said gripping assembly comprises at least one handle structure gripped by the user's hand and removably attached to a predetermined number of said resistance elements

Claim 23 (withdrawn) An exercise assembly as recited in claim 20 wherein said gripping assembly comprises at least one gripping bar having an elongated configuration and comprising a plurality of cushions mounted on said bar, each of said cushions including a retaining member disposed in cooperative relation thereto, each of said retaining members structured to engage a portion of the user's body during movement of the bar.

Claim 24 (withdrawn) An exercise assembly as recited in claim 23 including a roller rotationally mounted on said gripping bar in movable engagement with a supporting structure.



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Claim 25 (withdrawn) An exercise assembly as recited in 20 wherein said mounting assembly comprises a plurality of mounts each removably securable to a door, wherein the door comprise an upright supporting structure.

Claim 26 (withdrawn) An exercise assembly as recited in claim 25 wherein said plurality of mounts comprise at least one clamp removably secured to an upper peripheral edge of the door and removably connected to one end of a predetermined number of said resistance elements.

Claim 27 (withdrawn) An exercise assembly as recited in claim 26 wherein said plurality of resistance elements are connected to said clamp on each opposite side of the door.

Claim 28 (withdrawn) An exercise assembly as recited in claim 25 wherein said plurality of mounts comprise at least one bracket structure removably secured to a lower peripheral edge of the door, said bracket structure removably interconnected to a predetermined number of said resistance elements.

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Claim 29 (withdrawn) An exercise assembly as recited in claim 28 wherein said bracket structure comprises a flexible material connector secured thereto and extending beneath the lower peripheral edge of the door into removable attachment with a predetermined number of said plurality of said resistance elements.

30. (withdrawn) An exercise assembly structured to facilitate a user performing multiple exercises thereon, said exercise assembly comprising:

a) a resistance assembly structured to be repeatedly oriented between a stressed position and a non-stressed position,

b) a gripping assembly connected to said resistance assembly and selectively positioned by the user to dispose said resistance assembly between said stressed and non-stressed positions,

c) a resistance assembly comprising a plurality of elongated elastic material resistance elements having a first end secured to said gripping assembly, and

d) said gripping assembly comprising at least one gripping bar having an elongated configuration and comprising a plurality of cushions mounted on said bar,

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each of said cushions including a retaining member disposed in cooperative relation thereto, each of said retaining member structured to engage a portion of the user's body during predetermined movement of the bar by the user.

31 (withdrawn) An exercise assembly as recited in claim 30 further comprising a roller structure rotationally mounted on said one bar and movably engaging a supporting surface.

32 (withdrawn) An assembly as recited in claim 31 wherein said first end of a predetermined number of said plurality of resistance elements are secured together and collectively and removably attached to said one bar, said second end of said predetermined number of said plurality of resistance elements each independently removal from an accessible, manipulable position by the user.

33. (Currently Amended) An exercise assembly ~~as recited in claim 32 wherein~~ structured to facilitate a user performing multiple exercises thereon, said exercise assembly comprising:

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a) a resistance assembly structured to be repeatedly oriented between a stressed position and a non-stressed position,

b) a gripping assembly connected to said resistance assembly and selectively positioned by the user to dispose said resistance assembly between said stressed and non-stressed positions,

c) a resistance assembly comprising a plurality of elongated elastic material resistance elements having a first end secured to said gripping assembly,

d) said gripping assembly comprising a first gripping bar having an elongated configuration and comprising a plurality of cushions mounted on said bar, each of said cushions including a retaining member disposed in cooperative relation thereto, each of said retaining member structured to engage a portion of the user's body during predetermined movement of the bar by the user, wherein said first end of a predetermined number of said plurality of resistance elements are secured together and collectively and removably attached to said first bar, said second end of said predetermined number of said plurality of resistance elements each independently removable from an accessible, manipulable position by the user,

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e) ~~said gripping assembly further comprises~~ a second elongated bar removably attachable to said plurality of resistance elements and disposed in engaging relation with various portion of the user's body, and

f) a roller structure rotationally mounted on said first bar and movably engaging a supporting surface.

34. (original) An exercise assembly as recited in claim 33 wherein each of said second ends of said plurality of resistance elements include a mounting member dimensioned and configured for removal engagement with said second bar.